



# 30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b>	<b>1 mile</b> 25 minutes slow pace	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1 miles</b> 25 minutes slow pace	<b>1.2 miles</b> 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	<b>1 miles</b> 20 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>2 miles</b> 40 minutes moderate pace
<b>2</b>	<b>1 miles</b> 25 minutes slow pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1.8 miles</b> 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>3 miles</b> 60 minutes moderate pace
<b>3</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>4</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>3 miles</b> 54 minutes 20 min mod + 34 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>5</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast					

## Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 1.7 minutes/mile.
4. Complete sessions in one go or split into 2.
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at [LoveLifeBeFit.com](http://LoveLifeBeFit.com)

# Walking Workout Tricks Install

**Rodney Tolley**

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## **Table of Contents Walking Workout Tricks Install**

1. Understanding the eBook Walking Workout Tricks Install
  - The Rise of Digital Reading Walking Workout Tricks Install
  - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Tricks Install
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Walking Workout Tricks Install
  - User-Friendly Interface

4. Exploring eBook Recommendations from Walking Workout Tricks Install
  - Personalized Recommendations
  - Walking Workout Tricks Install User Reviews and Ratings
  - Walking Workout Tricks Install and Bestseller Lists
5. Accessing Walking Workout Tricks Install Free and Paid eBooks
  - Walking Workout Tricks Install Public Domain eBooks
  - Walking Workout Tricks Install eBook Subscription Services
  - Walking Workout Tricks Install Budget-Friendly Options
6. Navigating Walking Workout Tricks Install eBook Formats
  - ePUB, PDF, MOBI, and More
  - Walking Workout Tricks Install Compatibility with Devices
  - Walking Workout Tricks Install Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Walking Workout Tricks Install
  - Highlighting and Note-Taking Walking Workout Tricks Install
  - Interactive Elements Walking Workout Tricks Install
8. Staying Engaged with Walking Workout Tricks Install
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Walking Workout Tricks Install
9. Balancing eBooks and Physical Books Walking Workout Tricks Install
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Walking Workout Tricks Install
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Walking Workout Tricks Install
  - Setting Reading Goals Walking Workout Tricks Install
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Walking Workout Tricks Install
  - Fact-Checking eBook Content of Walking Workout Tricks Install
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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